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**Quality Inn**  
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## IN THE REALM OF THE FEMININE



### For Long Lashes

WHILE WE HAVE the treatment of the  
eye under consideration, it would be  
well to chat a moment about the eye-  
lashes and brows. That this is a sub-



Clip the ends of the lashes with a  
pair of manicure scissors

ject that women are interested in,  
is shown by the hundreds of requests  
I have had for a recipe that will in-  
crease the growth of the lashes and  
brows.

A large eye that has scanty brows  
and lashes looks rather bald and

ugly, and spoils a face it otherwise  
might enhance. Whereas, a pair of  
eyes quite nondescript as to color and  
size may appear wonderfully beauti-  
ful if they are shaded by long lashes  
and framed by well-shaped eyebrows.  
And long lashes are a matter of  
health to a certain extent. They  
shade the sight from glare and pro-  
tect the sensitive pupil from dust.

To induce the lashes to grow more  
thickly, clip the ends once a month  
for three months. This stimulates  
new growth. At the same time,  
massage the edges of the eyelids  
gently with the fingers dipped in  
olive oil, and using a little oil on the  
brows, brush these away from the  
nose with an eyebrow brush.

There are plenty of prepared lash  
and brow tonics on the market, some  
of them very good. Care must be  
taken, however, not to get any of  
them into the eye; some will even  
hurt the sight, all of them sting.  
Olive oil, of course, is perfectly  
harmless.

Long hairs that grow outside the  
line of the brow or over the nose  
can be removed with tweezers or  
with the electric needle. If a quick  
growth is wanted, a bit of vaseline  
rubbed into the brows will start new  
hairs growing almost immediately.

### Questions and Answers

What is the Banting anti-fat system?—  
Mrs. A. S. D.

Banting's system of flesh reduction in-  
vented by Professor William Banting of  
London, eliminating all sugars and starches  
from the diet, as well as all fats, substi-  
tuting lean meats, fish, fruits instead.  
Also, the reduction of liquids and the daily  
use of an acid drink. His theory is that by  
reducing fat-making foods below the daily  
demands of the system, nature would  
use up the stored up fatty tissues.

What will cure permanently a wart on  
the cheek?—Flanicee.  
Reply—The electric needle.

[Protected by George Matthew Adams]

### THE IMPORTANCE OF LOOKING ATTRACTIVE

It is startling to think of the  
number of girls who are seeking  
careers in one field or another. It  
brings home with vivid reality the  
truth that this is the day of the  
independent woman. The frail, cling-  
ing vine type has almost vanished,  
leaving only one or two here and  
there to represent it, and these seem  
like relics of the past to the present  
up-and-doing generation.

The self-reliance and independence  
of the modern woman are to be vast-  
ly admired. They are splendid and  
beautiful characteristics. But woman  
can and ought to be just as feminine  
and attractive in her independence  
as she was in her dependence. She  
should not lose interest in her appear-  
ance, as so many women do.

**Don't Become Careless.**

You girls who are studying for ca-  
reers of one kind or another must  
not allow yourselves to become care-  
less of your appearance. It seems as  
if there were a growing tendency  
among the feminine student section of  
this city to go around in sloppy,  
unbecoming garments, with unkempt,  
uncombed hair. This untidiness is  
considered artistic.

In reality, girls, there is nothing  
artistic about untidiness. If you look  
about you will find that the  
greatest artists are the neatest and  
most immaculate in appearance. We  
could name a score or more of the  
best-known men and women whose  
names represent the highest forms of  
art, who always look as if they had  
just stepped out of a handbox.

With some of you girls this neglect  
of your appearance is more a result  
of absolute immersion in your work,  
an unwillingness to spare the time  
for making your toilet, rather than  
a notion that such sloppiness is artistic.  
Some of you forget your appear-  
ance in your complete absorption in  
your studies, and the consequence is  
that you grow more unkempt looking  
every week.

Now it does not do for any girl to  
reach a stage where her appearance  
means nothing to her. Too little  
vanity is even worse than too much.  
To lose interest in your looks is fatal

to all beauty, and beauty of appear-  
ance is an essential part of every  
successful career.

This does not mean that you must  
necessarily be a raving beauty to at-  
tain success, for not all of us have  
been given beauty. But we can, each  
of us, attain a degree of attractive-  
ness by making the most of what  
looks have fallen to our share. Now-  
adays no woman need look actually  
ugly. But you must make the most  
of yourself by studying your good  
points and dressing so as to bring  
them out.

**Charm of Appearance.**

You will need as much charm of ap-  
pearance as you can attain in your  
search of a career. It is true that  
there are a few of the big artists who  
are far from lovely, but they have  
reached the heights in spite of their  
lack of charm, not because of it.

It will take very little time from  
your studies to keep yourself looking  
well-groomed and neat, and but very  
little more time to study yourself,  
enough to emphasize your good  
points, and to make yourself actually  
pretty and attractive.

It is worth your while, girls, for  
you will bring fresh interest to your  
work and you will find your teachers  
taking more interest in you and your  
studies. It is natural to take more  
interest in a talented girl who always  
looks dainty and sweet than in a girl  
with an equal amount of talent who  
looks untidy and generally sloppy.

Don't neglect your appearance in  
your pursuit of a career. You will  
need attractive looks as well as tal-  
ent to make a mark in this world,  
where there is such heavy competi-  
tion in every walk in life. Study hard  
while you are a student, but spare  
enough time from your studies each  
day to keep yourself well-groomed and  
dainty.

The most hygienic curtain arrange-  
ment for a sleeping room is a short  
curtain on the lower half of the win-  
dow and a shade above.

The most delicious cherry pie is  
made in a deep dish and without any  
undercrust.

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Lies flat on the Brush."



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is necessary to efficiency.

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